



Meet Sofia Yassini, 8

Last week, presidential candidate Donald Trump vowed that he would ban Muslims from entering the U.S. Now young minds suffering from Islamophobia are wondering, Who is the screaming man on TV?

metroNEWS

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Halifax metro

Your essential daily news | TUESDAY, DECEMBER 15, 2015

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Artist Holly Carr paints a mural on silk during a press conference Monday in Halifax.

JEFF HARPER/METRO



'ATTENTION TO CRISIS'

IWK Health Centre announces inaugural chair of child and adolescent mental health metroNEWS

'Dark day' for labour

CONTRACT NEGOTIATIONS

Bill proof Liberals are against unions, says representative



Haley Ryan
Metro | Halifax

The province tabling legislation that restricts wage increases is like putting a gun to the head of unions, says one representative.

On Monday, Finance Minister Randy Delorey brought in the Public Services Sustainability Act, which he said is necessary, but would only be proclaimed if the Liberals felt their fiscal plan was "at risk" through contract negotiations.

The bill would see 75,000 public workers, besides judges and medical residents, get raises frozen at zero per cent for the first two years, then one per cent in the third year, and in the fourth



Jason MacLean
JEFF HARPER/METRO

year, 1.5 per cent at the start and 0.5 per cent at the end.

"They're willing to do whatever it takes to put their plan forward," Jason MacLean, first vice-president of the Nova Scotia Government and General Employees Union (NSGEU), said Monday after the announcement.

"Not only do they have a gun to our head, they have a round in the chamber."

NSGEU had reached a tentative agreement last month that included this wage package, but delayed a ratification vote after the Nova Scotia Teacher's Union (NSTU) rejected the same deal.

Shelley Morse, NSTU president, said Monday the Liberal government is proving they're against fair collective bargaining. "I don't believe that you legislate to get your own way," Morse said. "That's what you're doing ... and it's obvious the Liberal government is against unions."

John McCracken, CUPE spokesman, said this is a "dark day" for labour in Nova Scotia, adding the province is disregarding the Supreme Court ruling that collective bargaining is enshrined under the Charter.

More coverage, metroNEWS



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Shoebox drive has 'best year yet'

CHARITY

Halifax project makes holidays brighter for at-risk women

Julia Manoukian
For Metro | Halifax

"It was the best year yet," organizer Mary Chisholm said Monday. "We're just now in the process of sorting and distributing to all the shelters."

Chisholm said this year the Halifax chapter nearly doubled the amount of shoeboxes it has collected in previous years. Organizers don't have a final count yet, but she said they're close to 800 shoeboxes.

"When you calculate the monetary value, that's roughly \$40,000."

The Shoebox Project aims to make the holiday season extra special for homeless and at-risk Canadian women. The project encourages people to give back by putting together a small shoebox of gifts worth \$50 that



Halifax Shoebox organizer Mary Chisholm drops off 30 shoeboxes to the Dartmouth Family Centre on Monday night.

JULIA MANOUKIAN/FOR METRO

a woman would enjoy but would not splurge on for herself. Volunteers then distribute the boxes to women in shelters around the city.

Items included are make-up, perfume, chocolate, scarves, brushes and gift certificates.

Carole Rankin, another organizer who works alongside Chisholm, said last year the project was able to donate to 11 shelters and this year, it will definitely be able to



"A lot of the time this is the only gift they've received."

Mary Chisholm

widen its reach.

"We'll be doing some more shelters going west, because we haven't done that before," she said.

Chisholm said this year was the first time that organizers were able to deliver

Here's a peek inside one of the donated shoeboxes.

JULIA MANOUKIAN/FOR METRO

outside of the Halifax community. So far, Adsum House, Alice Housing and Bryony House in Halifax have already re-

800

Although Shoebox Project organizers are still performing a final count, it's estimated that **800 shoeboxes** have been assembled for at-risk and homeless women.

\$40k

The drive's organizer, Mary Chisholm, estimates the **combined value of the assembled boxes is around \$40,000** for 2015.

ceived their boxes. The team of volunteers started delivering Saturday.

"They're thrilled," Chisholm said about the recipients' reactions.

"A lot of the time this is the only gift they've received, especially if they've been displaced from their home they might have left in a hurry. It's just something that helps brighten their holiday when it otherwise might be a bit of a dark time for them."

In 2011, the Shoebox Project delivered 156 shoeboxes to four shelters in one community.

Last year, thanks to the generosity of countless people in December 2014, the project delivered gifts to over 17,000 women using 270 shelters and outreach programs in 72 communities.

+ WHAT'S INSIDE

The following items are contained inside the boxes.

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NDP calls bill 'Grinch' move

BARGAINING

Legislation would freeze wage increases



Haley Ryan
Metro | Halifax

The provincial NDP members say they're against the provincial government pulling a "Grinch" move with new legislation announced Monday.

Maureen MacDonald said it was discouraging to see Nova Scotia Finance Minister Randy Delorey table Bill 148, the Public Services Sustainability Act, which would see wage increases frozen for two years for most public workers.

"It's the heavy hand of the legislature interfering in the collective bargaining process, rather than going to the table," MacDonald told reporters Monday.

In the bill's proposed framework, arbitrators would not be allowed to rule on contracts that go over the proposed rates, and long service awards would



Finance and Treasury Board Minister Randy Delorey briefs the media in the Red Chamber at Province House before introducing new legislation Monday in downtown Halifax. JEFF HARPER/METRO

be frozen at April 1, 2015, so employees are eligible for what they've accumulated until then.

Due to the holidays, MacDonald said many residents might not be paying as much attention and it's important to let those affected know about the legislation.

"This is very strategic on

the part of the government," MacDonald said. "The Grinch is about to steal Christmas."

Just hours after delivering a budget update that showed the deficit had increased \$119 million more than expected, Delorey said the bill is needed to ensure contracts fall in line with what the province can af-

ford while still providing good public service.

Non-financial matters such as working conditions are not a part of the bill.

Delorey said the province has been planning the legislation for a week, but will only proclaim it if the "fiscal plan" seems at risk.



These tough choices are necessary.

Randy Delorey

Labour lawyer Ray Larkin said Monday the bill poses a "real problem" for collective bargaining, since wages and benefits like service awards are key to finding resolutions.

"Parties to collective agreements won't have very much incentive to bargain," Larkin said.

PC Leader Jamie Baillie said he doesn't support the bill, since it could end up costing taxpayers more if it leads to prolonged negotiations with an arbitrator calling the move illegal and racking up lengthy fees, similar to the James Dorsey situation in February.

"I am concerned that they are rushing something in," Baillie said.

Union leaders on Monday were upset, but said they would have to meet with their members and bargaining teams to see what happens next.



Jingle the gnome hopes all stay safe over the holidays.
COURTESY NOVA SCOTIA RCMP

SOCIAL MEDIA

Gnome drives safety message



Rebecca Dingwell
For Metro | Halifax

Nova Scotia police are approaching yuletide safety in a new way.

Halifax Regional Police, Cape Breton Regional Police and Nova Scotia RCMP are teaming up for a social media campaign called Gnome for the Holidays.

The police departments announced Monday they'll be using Facebook and Twitter to release photos of Jingle the gnome acting out holiday safety tips. The tips will range from vehicle protection to crime prevention, Nova Scotia RCMP spokesman Const. Mark Skinner said Monday.

"If we can do (holiday safety) in a humorous, laughable way that generates a little more interest," Skinner said Monday, "that's kind of what we're going for."

For instance, Skinner said they hope to prevent the "crimes of opportunity" often seen in the community over the Christmas season.

"Don't leave items in your vehicle unattended and visible," Skinner said. "You wouldn't, obviously, leave a new PS4 game system in the back of your car — that's just asking for trouble."

Waiting to put most gifts under the tree until the night before is also a good idea, Skinner added.

The new police gnome will be jingling all the way on social media from Dec. 14 through Jan. 1.

BUDGET

Deficit grows as tax cash, royalties drop

The latest deficit forecast for Nova Scotia has grown to \$241.2 million for the 2015-16 fiscal year, up by \$118.6 million from the last government prediction.

It's the second time the deficit has been projected to jump this year. The government was forecasting a shortfall of \$97.6 million in the spring budget.

It says a drop in tax revenue and offshore royalties are driving up the deficit.

Finance Minister Randy Delorey says the provincial government has made progress on keeping spending in check, but the latest budget figures show how vulnerable Nova Scotia is to negative swings in revenue.

"As finance minister, I would love to be able to invest more in areas that matter to Nova Scotians — new and improved schools, state-of-the-art hospitals, better programs for seniors and those in need," he said in a statement.

"Quite frankly, we can't get

there if we don't stick to a fiscal plan that matches our programs and services to our ability to pay."

Total revenues for 2015-16 are forecast to be \$9.8 billion, down \$135 million from when the budget was released.

Progressive Conservative Leader Jamie Baillie said Monday's financial statement shows the government's fiscal plan isn't working.

"While Nova Scotians are struggling to pay the bills or moving away, the Liberals are drowning in red ink and random cuts. Nobody wins," he said in a statement. "We need a real plan from the Liberal government to spur economic growth and create jobs."

The government says forecasted real GDP growth is now at one per cent for 2015, down from 1.7 per cent. Real GDP growth in 2016 has also been reduced to 0.8 per cent from 1.5 per cent.

THE CANADIAN PRESS



While Nova Scotians are struggling to pay the bills or moving away, the Liberals are drowning in red ink and random cuts. Nobody wins.

Progressive Conservative Leader Jamie Baillie

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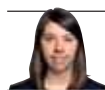
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Province restores funding

CNIB

Agency to get back roughly \$155,000 lost in budget cuts



Haley Ryan
Metro | Halifax

The Canadian National Institute for the Blind (CNIB) will be getting back thousands of dollars cut from its funding in the spring budget.

About 30 per cent of the grant that the CNIB in Nova Scotia received from the Department of Community Services was cut this April, prompting a rally in November outside Province House.

On Monday, health department spokesman Tony Kiritsis confirmed the roughly \$155,000 lost due to the cut has been returned through the health department.

"CNIB provides a unique and valuable service and government is committed to this organization, as we have been for many years," Kiritsis said in an email.

"This is in addition to the department's annual funding of \$175,000."

Since the CNIB is receiving about \$355,000 from community services this year, Kiritsis said the group's total funding now sits at \$688,000 from government.

Due to the decreased funding, CNIB said in November they had already cut five positions, including two in public education and vision loss prevention.

In November, CNIB had also asked for sustainable funding in the amount of \$1,002,972, the projected cost for CNIB to deliver vision rehabilitation therapy in 2016-17.

Kiritsis said any future requests for funding will be addressed through next year's budget process.



CNIB provides a unique and valuable service and government is committed to this organization.

Health department spokesman Tony Kiritsis



WINTER WEATHER FIRST SNOWFALL BLANKETS REGION A pedestrian takes a shortcut through the Garrison Grounds on Monday, after the first light dusting of winter weather blanketed the region in a few centimetres of snow. Most of the snow had melted by late afternoon but made for a tricky commute in the morning. **JEFF HARPER/METRO**

POLICE

Weekend searches lead to drug busts



Kristen Lipscombe
Metro | Halifax

A handful of Nova Scotians are facing drug trafficking charges after a busy weekend for police.

A 38-year-old man and 50-year-old woman are both accused of trafficking marijuana, after officers seized more than 16 pounds of it from a residence on Reservation Road in Bear River, a Digby RCMP news release issued Monday said.

Officers searched the home Saturday, adding the two suspects have been released from

police custody and are set to appear in Digby provincial court Feb. 8. Police have not released their names.

Meanwhile, in Cape Breton, two Inverness County men are charged with possession of marijuana, cocaine and oxycodone for the purpose of trafficking after police stopped a car travelling along the Trans-Canada Highway in Port Bevis for speeding Sunday afternoon.

Brian Urquhart, 31, and Anthony Gerard Warner, 41, are charged under the Controlled Drugs and Substance Act, said another RCMP news release issued Monday, this time by



The marijuana seized by police in Bear River.

COURTESY NOVA SCOTIA RCMP

the Victoria County detachment.

The officer conducting the traffic stop noticed illegal tobacco inside the car while dealing with the driver, and then arrested both men on scene under

the revenue act. A further search of the vehicle turned up quantities of marijuana, cocaine and oxycodone, in addition to Canadian currency, the news release said.

EAST UNIACKE

Crime spree ends in several charges

A 32-year-old East Uniacke man faces a slew of charges after going on a crime spree last week.

Rawdon RCMP arrested the man after two break-and-enter cases, as well as a vehicle theft, all on East Uniacke Road last Thursday and Friday.

The first incident took place at about 9:45 a.m. on Dec. 10, when police responded to a break, enter and theft at a residence on East Uniacke Road. Investigators determined that a garage had been broken into overnight, with the suspect snatching several hand tools, according to a Nova Scotia RCMP news release issued Monday.

The following day, at about 1:30 a.m. on Dec. 11, police re-

sponded to a report of a break-in underway, during which another homeowner on East Uniacke Road had caught a man attempting to break into his garage. The homeowner scared the suspect off and then called police.

While en route to the Dec. 11 call, officers saw the suspect driving in the opposite direction. When officers turned around to follow him, they discovered that the vehicle had run off the side of East Uniacke Road and the suspect had fled into the woods.

Police officers prepared to search for the suspect, but the man quickly surrendered without incident, the news release said. **METRO STAFF**

THEFTS

Robbers nab backpack

A 34-year-old man was robbed of his backpack while walking in north-end Halifax early Monday morning. The man told police he had been jumped from behind by three men who took his backpack, which contained clothing and prescription drugs. The victim sustained minor injuries. **METRO STAFF**

Roofing rolls stolen

Halifax RCMP are asking for the public's help in tracking down whoever broke into the fenced compound on the Kent Building Supplies property on Sackville Drive overnight last Thursday. It appears someone cut a hole through the fence and stole "a large quantity of rolls of roofing underlay," the release said. **METRO STAFF**

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Helping hand to 'shine a light'

IWK

\$3M donation opens chair for research into mental health



Zane Woodford
Metro | Halifax

Mental-health services for young people will soon be put under the microscope at the IWK Health Centre in Halifax.

The children's hospital announced Monday that, along with Dalhousie University, it's appointed its inaugural chair of child and adolescent mental-health outcomes.

The chair position, made possible by a \$3-million donation from the Sobey family, will allow Dr. Leslie Anne Campbell to lead a team in studying the results of mental-health services at the IWK.

"As someone who turned to a career in research to find a way to make things better for my patients and their families, the opportunity provided by the Sobey Family Chair means that I've found my dream job," Campbell said at Monday's announcement.

"Most importantly, however, this opportunity means that this research will make an immediate difference to our young patients and their families."

Campbell thanked the Sobey family for its "generous, compassionate and forward-thinking" support



Dr. Leslie Anne Campbell was appointed the IWK Health Centre's inaugural chair of child and adolescent mental-health outcomes Monday. JEFF HARPER/METRO

for the IWK and said she's "deeply honoured to have been entrusted with such important work."

IWK president and CEO Tracey Kitch praised Campbell for her work and welcomed her to the hospital, while highlighting the pressing need for this kind of research.

"The evidence is clear: the mental health of children and youth in Nova Scotia,

and across Atlantic Canada, represents a call to action," she said.

"All too commonly, mental-health needs arise during adolescence and continue through adulthood."

Mental-health advocate and comedian Cathy Jones, of CBC's This Hour Has 22 Minutes fame, spoke at Monday's announcement about the battle against mental illness in her own family and

specifically her nephew, who died by suicide in 2014 after years of struggling to find the right diagnosis.

Jones said she couldn't help but wonder if this research would have helped her nephew.

"If we want some idea of how in the world we're going to do better for our youth — many of whom are hurting and desperate for help — we need to figure out

It's imperative that we pay attention to and respond to what I think is an epidemic of mental-health challenges that children and youth are facing.

Mental-health advocate and comedian Cathy Jones



what works, what doesn't and make tweaks along the way," she said, adding she was "shocked" to find out this wasn't already happen-

ing.

"Whenever we shine a light on the mental health of our children, we encourage attention to this crisis."

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QEII

Flooding disrupts surgeries

Eye surgeries at the Queen Elizabeth II Health Sciences Centre in Halifax were cancelled Monday because of a flood.

Everton McLean, a spokesman with the Nova Scotia Health Authority, said the flooding was reported on the third floor of the Centennial Building at the Victoria General site sometime after 5 a.m.

That caused flooding at the surgical unit on the second floor, postponing 31 surgeries and mostly affecting a sterile supplies room.

Water was turned off until the repairs were made, which placed other operating rooms on hold.

Four patients on the third floor were moved to allow for repairs.

This latest incident comes



Victoria General, where the mishap occurred. METRO FILE

after a pipe burst in the Victoria General site in September, flooding several floors and postponing dozens of surgeries.

"It really strikes a chord with me of the urgency of moving on (the) Centennial and VG

replacement work, and that certainly is in order," said Nova Scotia health minister Leo Glavine.

"In early January we will make known to Nova Scotians what that plan will look like."

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RECOMMENDATIONS

Report released on assisted dying

The practice of physician-assisted dying should be publicly funded by Canadian provinces, available to adults of any age, and not put doctors at risk of criminal prosecution, an expert advisory panel said Monday.

The recommendations were among 43 in the final report from the Provincial-Territorial Expert Advisory Group, which

was formed with input from 10 of the country's 13 provinces and territories.

The proposed guidelines found instant favour among advocates, who praised the panel for navigating a quagmire of competing policy concerns without losing sight of patients' needs.

THE CANADIAN PRESS

HEALTH

Ill boy will not get costly drug coverage

A New Brunswick mother says she's devastated after the provincial government rejected her request to fund an expensive drug treatment for her seriously ill son.

Morgan Doucet is 10 and has a rare blood condition called morquio syndrome that stunts growth and causes multiple health problems, including heart and airway disease.

There is no cure, but in 2014 Health Canada approved a new drug to treat the condition called Vimizim.

Last year, Doucet's doctor asked the province to pay for the treatment, which can cost about \$200,000 a year. But in November his mother, Carole Mazerolle, got word the province had turned them down.

"I cried," said Mazerolle in a phone interview from her home in the small community of Baie-Sainte-Anne.

"I find that terrible. I have a sick child. They have a treatment there that could help him, and they won't give it to me."

Mazerolle said her son's con-



Morgan Doucet struggles with a rare blood disease.

CONTRIBUTED

dition has already deteriorated since they made the request of the province. "The more I'm waiting, the worse he's getting," she said.

A spokesperson for the New Brunswick Department of Health would not discuss Doucet, citing privacy concerns. But in an email, Bruce Macfarlane noted that the national advisory body that recommends whether drugs should be covered determined that Vimizim shouldn't be listed.

TORSTAR NEWS SERVICE

QUEBEC NO CHARGES IN 2014 BLAZE

No criminal charges will be laid in the fire that killed 32 people at a seniors' residence in Quebec nearly two years ago, the Crown announced Monday. "In light of the expert and witness testimony that was heard and the evidence gathered by investigators, the DPCP (the Crown) is not able to prove beyond a reasonable doubt that a criminal act was ever committed," prosecutor Annie Landreville said.

FRANCES DROUIN/THE CANADIAN PRESS



Mom tells girl's trafficking story

PROSTITUTION

Woman says 'boyfriend' pimp took her daughter away

Hindy Pennock would drive around in circles until the early hours of the morning looking for her 13-year-old daughter. That's how it started.

Then she noticed a change in her daughter's underwear, from normal little girl pants to lacy, lower-cut undies.

"We taught our daughter not to get into cars with strangers, but we did not prepare her for a good-looking guy to walk into her life and traffic her. We never knew about 'boyfriend' pimps," she said.

Hindy Pennock was a stay-at-home mom. Her husband, Ray, was a businessman. They lived

in a nice neighbourhood in Winnipeg with their two daughters. Then, they lost one.

For 12 years, Pennock's daughter Jessica was trapped, trafficked from Winnipeg to Toronto, Edmonton and Vancouver, forced to have sex for money.

When she first ran away from home, she was only gone a week-end. Then she was gone for a few weeks, then months.

She would always call home, but only for 30 seconds at a time, enough to say, "I love you, Mummy. I'll be home sometime." Enough for Pennock to know her daughter was, at least, alive.

When Pennock looks back today, she can identify some of the warning signs she missed all those years ago. She has taken the difficult step of publicly sharing her story to help others.

"We never thought in a million years that this could happen to her. Never, ever," she said.

The Pennock family moved provinces when Jessica was 10 and she was "horribly" bullied by her new classmates. "We saw this bright, self-reliant little girl disappear. She just started to vanish," Pennock said.

To help her daughter try to make friends, Pennock drove Jessica to a recreation centre to play basketball on Friday nights. There, she met a boy who gave her crack cocaine, but said it was just like marijuana.

Soon she was addicted.

She started to lie and run away. At 15, she told her parents she was moving in with her new boyfriend, but she never let them meet him.

Some days she would come home with her nails painted or her hair done; other days she would come home "beaten black and blue" with boot marks all over her body. Jessica was silent when her parents asked what was going on.

WARNING SIGNS:

- 1 Hiding the identity of boy-friends or new friends.
- 2 Lingerie crumpled up and stashed under the bed.
- 3 Business cards from strip clubs or escort agencies hidden in top drawers.
- 4 New clothing appearing in the wardrobe.
- 5 Becoming possessive of computers or cellphones.
- 6 Wallets or handbags filled with cash.
- 7 A dramatic and sudden shift in her attitude.

Her mother said they went to the police, to psychiatrists, teachers and doctors, but no one could help.

"Just let her know that you love her and one day she'll come home," Pennock was told.

Often the only place parents can seek help from is advocacy organizations that work with victims and understand the power dynamic at between pimps and girls. TORSTAR NEWS SERVICE

IN BRIEF

Children's choir's praises sung by Trudeau

An Ottawa school choir's song billed on social media as a welcome to Syrian refugees coming to Canada has garnered widespread attention including praise from the prime minister.

The song was posted on YouTube under the title Welcome to Canada Syrian Refugees. According to the post, it was a historical song sung to the Prophet Muhammad when he sought refuge from Mecca to Medina.

The song has been viewed nearly 700,000 times, including by Justin Trudeau. "WATCH: Ottawa high school students sing a traditional Arabic welcome song. Well done De La Salle," Trudeau tweeted. THE CANADIAN PRESS

Man charged with murder in death of N.B. woman

Police in Grenada have charged a 26-year-old man with non-capital murder in the death of a New Brunswick woman who disappeared more than a week ago on the Caribbean island.

Assistant Supt. Sylvan McIntyre of the Royal Grenada Police Force said Akim Frank appeared in court Monday in the island's capital of St. George's to face the charge, which carries a maximum penalty of life imprisonment.

The 26-year-old Frank turned himself in Friday after being wanted in connection with the disappearance of Linnea Veinotte, a mother of two young boys who was last seen jogging with her dog.

THE CANADIAN PRESS

CAMPAIGN PROMISES

Ottawa working to bring 10,000 refugees

Ottawa is "working very hard" to meet its target of welcoming 10,000 Syrian refugees to Canada by the end of the year, Immigration Minister John McCallum said Monday as he tried to rally the business community around the resettlement effort.

The government has pledged to resettle 25,000 refugees in the country by the end of February, but with less than 1,000 Syrians arriving in Canada since the Liberals took power in early November, some are questioning

that objective.

McCallum, however, said he was optimistic.

"We are still working very hard to achieve that 10,000 by the end of the year, as well as 25,000 by the end of February," he said, following a meeting with business leaders in Toronto.

McCallum said a Royal Jordanian Airlines flight carrying just over 200 Syrian refugees was expected to land on Tuesday.

It will be the third government-organized flight bringing

refugees to the country — the first flight carrying 163 Syrian refugees landed in Toronto last Thursday, while the second touched down in Montreal on Saturday with 161 on board.

"In coming days there will be many, many more flights," McCallum said. "So yes, we are still working very hard to achieve our objectives."

The majority of refugees who have arrived in Canada so far have been privately sponsored by family, friends, individuals

or groups who will provide financial and emotional support to the newcomers for typically one year.

McCallum said, however, that larger numbers of government-assisted refugees are expected to start arriving in the coming days.

Those refugees are referred to Canada for resettlement by the United Nations Refugee Agency or similar organizations, and have their initial needs supported by the government for up to one year. THE CANADIAN PRESS

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Children are hurting in wake of Trump's words

UNITED STATES

Young minds suffer from Islamophobic sentiment

A backlash against American Muslims is leaving a mark on some of the nation's youngest minds.

After seeing U.S. presidential candidate Donald Trump call on television for barring Muslims from entering the country, Sofia Yassini, 8, checked the locks on her family's home in Plano, Tex., imagining the army would take them away. She raced to her room and stuffed a pair of Barbie dolls, a tub of peanut butter and a toothbrush into a bag. She insisted on bringing boots for the long boat ride she imagined was coming.

When her mother, Melissa, arrived home from her work as a human resources manager, Sofia ran into her arms and cried.

"I want people to understand the impact that their words have on these children," said Melissa Yassini, who described the experience in a Facebook post that had been shared more than 21,000 times as of Monday. "We often forget, we're waging war on one another with words, and we're adults. We can take it. The kids are suffering with this. They go to school every day and they're afraid to tell people they're Muslim. This has to stop."

Anti-Muslim sentiment was building in the days before 14

people were killed Dec. 2 in the massacre at a disability centre in Southern California by a Muslim couple investigators say were inspired at least in part by the Islamic State of Iraq and the Levant (ISIL) group. Some governors had already said they wouldn't allow Syrians fleeing civil war into their states because of extremist fears. Experts say Trump's call Dec. 7 to keep all Muslims from entering the U.S. — a plan he said would apply only temporarily and to non-citizens — only fanned the flames.

Muslim parents say their children hear disparaging remarks in their own communities, see hateful bumper stickers and T-shirts, and have had friends abandon them.

“One nation, under God, indivisible, with liberty and justice for all.”

Line from U.S. Pledge of Allegiance, recited by one father to his son last week

Ahad Khan, 12, came home from school in rural Westminster, Md., in tears because his best friend called him a future terrorist who couldn't be trusted, according to Ahad's father, Raza Khan.

Khan, the chairman of the science department at Carroll Community College, shared Ahad's experience in an open letter to Trump on Facebook. As of Monday, it had been shared more than 4,300 times.

As Khan tucked his son in last week, he left him with the words he recited when he became a U.S. citizen two decades ago: "One nation, under God, indivisible, with liberty and justice for all."

"I don't know why, I don't know how people forget that," Khan said later, fighting back tears. "We have to; otherwise we're dividing ourselves."

THE ASSOCIATED PRESS



Sofia Yassini, 8, receives a hug from her mother Melissa Yassini in Richardson, Tex. Parents say U.S. presidential candidate Donald Trump's comments are causing confusion for many children. They wonder who is the screaming man on TV, what is he saying about the Muslim faith, and why thousands of their fellow Americans are cheering him on. LM OTERO/THE ASSOCIATED PRESS

GREECE

EU to pay to house migrants

The European Union pledged Monday to spend 80 million euros (\$88 million US) to house migrants in Greece even as it seeks tougher procedures for asylum-seekers travelling to the continent.

Kristalina Georgieva, the EU Commissioner for Budget and Human resources, signed an agreement for a rent subsidy program for up to 20,000 people next year.

Thousands of stranded refugees are currently being housed in old venues from the 2004 Olympics, at camps on Greek islands, or are sleeping in tents pitched in city squares and parks in Athens.

THE EU SUBSIDY

Will pay for hotel vouchers and rent cheques for migrants to live in vacant Greek apartments. More than 20,000 migrants may be sheltered this way.

"The 80 million euros is for the year 2016 ... after that it would be assessed. It could be expanded," Georgieva told The Associated Press. "The number involved over the year would be quite a lot higher than 20,000."

Nearly 800,000 migrants and refugees have crossed through Greece this year, hoping to travel to northern Europe. But Macedonia and other Balkan countries last month toughened their border rules, restricting crossings to those from war-torn nations like Syria, Iraq and Afghanistan and stranding others.

THE ASSOCIATED PRESS

SYRIA

Troops seize opposition stronghold

Syrian troops and allied militiamen seized control of a sprawling military airbase near Damascus on Monday, bolstering the government's presence in a key area overwhelmingly controlled by opposition forces.

The Marj al-Sultan airbase lies in the eastern suburb of Damascus known as Eastern Ghouta, and had been held by rebels for the past three years.

The capture is a rare victory for the government in an area considered an opposition stronghold. It bolsters the government's hold over Damascus

6.5M

Number of Syrians who are internally displaced. Two million children are out of school and 72 per cent of the population lacks drinking water. THE ASSOCIATED PRESS

International Airport and splits rebel-held areas.

Fighting on the ground in Syria has intensified even as

the international community makes its most serious push yet to restart peace talks between President Bashar Assad's government and the rebels.

U.S. Secretary of State John Kerry is heading to Russia for talks aimed at narrowing gaps with Russian leaders over a political transition to end the country's nearly five-year civil war.

Washington and Moscow are deeply divided over the political process they both agree is needed to end the war in Syria.

On Monday, a visiting UN official said the humanitarian

situation in the war-ravaged country is "a blot on our collective conscience."

Speaking to reporters in Damascus at the end of a three-day visit during which he travelled to the central Syrian city of Homs and met with officials in the Syrian capital, humanitarian chief Stephen O'Brien said he was "deeply saddened" by the uptick in violence.

"This is a tragic reminder of the urgency of finding a political solution and security, a nationwide ceasefire," he said.

THE ASSOCIATED PRESS

IN BRIEF

French preschool teacher fabricates attack

A preschool teacher who claimed to have been attacked by a masked assailant invoking ISIL made up the story, French prosecutors said Monday.

The attack reported Monday morning by the teacher set off a manhunt in Paris. THE ASSOCIATED PRESS

Chicago firefighter falls to his death down shaft

Chicago firefighter Daniel Capuano, 42, died early Monday after falling two storeys down an eleva-

tor shaft while fighting a smoky blaze in a warehouse on the city's South Side.

Mayor Rahm Emanuel said the father of three made the "ultimate sacrifice." THE ASSOCIATED PRESS

Police officer acquitted

Cmdr. Glenn Evans, a Chicago police commander accused of shoving his gun down a suspect's throat and pressing a stun gun to the man's groin was acquitted on battery and misconduct charges Monday. THE ASSOCIATED PRESS

Crucial ballot deeply divided

ELECTION

Polls point to termination of Spain's two-party system

In the main plaza of a wealthy suburban bastion of Spain's ruling Popular Party, volunteers hand out campaign pamphlets trumpeting economic gains ahead of Sunday's national election. Sipping an espresso nearby, toy company executive Miguel Sanchez describes the new Mercedes-Benz company car he'll soon get, thanks to rising sales for his firm following years of tough times.

Downtown in a trash-strewn blue-collar stronghold of the Socialist Party, unemployed lawyer Maria Uribe rails against sky-high joblessness, a seemingly endless string of political corruption cases, tax hikes and public service cutbacks pushed through Parliament in the past four years.

The differing views from Sanchez and Uribe on the



Member of the Spanish party Podemos Inigo Errejon, centre, gestures to his followers on Monday as he takes part in an electoral campaign meeting. ALVARO BARRIENTOS/THE ASSOCIATED PRESS

state of Spain reflect deep divisions among voters about their country and its economic fortunes as it approaches a crucial ballot that will decide whether the government will stay conservative, head toward the centre or veer sharply left.

An economic recovery has been underway since late

“Spain is going through an unprecedented transition of political change.”
Analyst Antonio Barroso

2013 in a nation that almost imploded in Europe's financial crisis. But the upswing is coupled with 21 per cent unemployment — the second highest jobless rate behind Greece in the 28-nation European Union.

Despite their opposing perspectives, Sanchez and Uribe have something in common:

Both plan to help transform the nation's political landscape by casting ballots for upstart parties set to splinter Spain's traditional two-party dominance into a four-party system.

Sanchez thinks the business-friendly, centrist Ciudadanos party will do the best job steering the nation's delicate economy. He sees it “giving stability and fiscal clarity for the government, even if it has to make a coalition deal with another party.”

Uribe plans to cast her vote for the radical left Podemos party as a message to the Socialists that they betrayed their roots and are now “made up of middle-class bureaucrats who have become accustomed to power.”

Polls show Prime Minister Mariano Rajoy's Popular Party set to win the most votes, but falling far short of the tally needed to retain the majority it holds in Parliament — meaning it would have to ally with another party, most likely Ciudadanos. Another possibility would be a matchup between the Socialists and Podemos. THE ASSOCIATED PRESS

IN BRIEF

Mass grave found in Bosnia

Forensic experts say they found a mass grave in northeast Bosnia most likely containing victims' remains from the 1995 Srebrenica massacre. So far, incomplete remains from around a dozen different bodies were found.

THE ASSOCIATED PRESS

Tear gas released in Kosovo's parliament

Opposition lawmakers released tear gas Monday in Kosovo's parliament as they once again tried to pressure the government into renouncing deals with Serbia and Montenegro. Clouds of smoke from two tear gas canisters forced lawmakers out of the debating chamber. THE ASSOCIATED PRESS

Officer's fate under review

Jurors on Monday began deliberating the fate of the first of six officers to be tried in the death of Freddie Gray, a black man whose neck was broken in the back of a police van. Prosecutors described Officer William Porter as indifferent to Gray's safety.

THE ASSOCIATED PRESS

INFORMATION ABOUT

THE PUBLIC SERVICES SUSTAINABILITY ACT

Legislation has been introduced allowing for modest wage increases for public-sector employees that taxpayers can afford. The legislation ensures newer, lower paid public-sector employees receive larger pay increases — some will see increases of as much as 5% per year as they advance.

Decisions today will help to ensure government can invest in quality health care, education, and new infrastructure in the future.

Government values public-sector workers and respects collective bargaining. Matters outside the wage framework remain negotiable, and agreements can still be reached.

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NOVA SCOTIA

Taxi industry fights back with new app

RIDESHARING

Unlike Uber, The Ride tacks on service provider's fees

Canada's taxi industry has a new tool in its fight against the rise of Uber.

The Ride, a new app launched on Monday, works similarly to Uber by offering passengers a more tech-savvy way to connect with local taxi-cab companies.

Like Uber, users must open a personal profile and then use the cellphone's GPS location feature before they hail a cab through the virtual service.

Unlike Uber, The Ride comes with extra fees through your wireless provider.

The app will charge a fixed \$2 "convenience fee" for hailing a nearby taxi.



A police officer rides his bike between a row of cabs blocking the street during a recent taxi drivers day of protest against Uber in Toronto. TORSTAR NEWS SERVICE

In smaller towns, where local cab companies may not support the app yet, The Ride will charge \$1 to connect the passenger to a local dispatch centre over the phone.

Toronto-based CellWand Communications created The

Ride. CellWand is the company behind #TAXI, a voice phone service that connects customers to a local cab company for a service fee.

CellWand's new app also provides real-time public transit schedules for 75 cities and

\$1.2B

The amount Canadians spent on taxis last year, according to a report from the Competition Bureau. The agency also found Uber prices were about 36 per cent lower than a comparable cab fare.

communities across the country, with plans to roll out data on bike-sharing services next year.

Taxi-cab operators have been clashing with Uber, urging local governments in some cities to ban the service over various concerns, such as proper licensing and insurance.

Toronto cab drivers staged a protest last week to back their call for local bylaws that would clamp down on UberX drivers.

THE CANADIAN PRESS

INVESTIGATION

Major retailers sell slave-peeled shrimp

Poor migrant workers and children are being sold to factories in Thailand and forced to peel shrimp that ends up in global supply chains, including those of Walmart and Red Lobster, an investigation has found.

At the Gig Peeling Factory, nearly 100 Burmese labourers were trapped, most working for almost nothing. They spent 16 hours a day with their hands in ice water, ripping the guts, heads, tails and shells off shrimp.

"They didn't let us rest," said Eae Hpaw, 16, her arms a patchwork

of scars from shrimp-related infections and allergies. "We stopped working around 7 in the evening. We would take a shower and sleep. Then we would start again around 3 in the morning."

Pervasive human trafficking has helped turn Thailand into one of the world's biggest shrimp providers. Despite repeated promises by businesses

and government to clean up the \$7-billion US seafood export industry, abuses persist, fuelled by corruption and complicity among police and authorities.

Hundreds of shrimp-peeling sheds are hidden in plain sight in Samut Sakhon, an hour outside Bangkok, some with slaves locked inside.

“

We stopped working around 7.... Then we would start again around 3 in the morning.

Eae Hpaw, 16

sociated Press journalists followed and filmed trucks loaded with freshly peeled shrimp from the Gig shed to major Thai exporting companies.

U.S. customs records show

the shrimp made its way into the supply chains of major U.S. food stores and retailers such as Walmart, Kroger, Whole Foods, Dollar General and Petco, along with restaurants such as Red Lobster and Olive Garden. It also entered supply chains for some of America's best-known seafood brands and pet foods, including Chicken of the Sea and Fancy Feast. THE CANADIAN PRESS



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Win Win Than, 25, who worked in a shrimp shed in Samut Sakhon, Thailand, to pay off her \$550 US debt. She said she tried to run away but was caught and handcuffed in a room. THE ASSOCIATED PRESS



Soe Lay, 20, who worked in a shrimp shed in Samut Sakhon, Thailand. He says the owner took his passport, and he was taken to the police station for eating six pieces of shrimp. THE ASSOCIATED PRESS



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YANN MARTEL: DEAR SANTA, PLEASE GIFT-WRAP THE EARTH

Father Christmas, please take this bruised and battered world, wrap it in paper, and return it so that we might open it up with the same wonder and delight that children show when they open the gifts you bring them.



Letters Live, an annual celebration of the power of written correspondence held in London since 2013, was launched this year with letters to Father Christmas by such celebrities as Benedict Cumberbatch and Russell Brand. Canadian author Yann Martel also put pen to paper in a heartfelt plea to Santa.

Dear Father Christmas, I feel impelled to write to you this year, such is the state of the world. The crisis in Syria, with its bountiful bloodshed and endless flow of refugees, the psychotic insanity of ISIL, the climate which keeps changing for the worse while we only pretend to change our carbon-fuel-devouring ways — to name just a handful of crises that make me shake my head and drop it in my hands — what is one to do but appeal to a greater force? And you are a greater force, are you not? You still manage to make people smile, if only briefly. Is it the bringing together of

families, some of whom are genuinely glad to see each other again? Is it the music, those lovely hymns that pull at our hearts? Is it the scenes around Christmas trees that remind us of our younger, happier selves? Is it the gift-giving which, however commodified, still involves giving with the aim to please? Is it the focus on a meal that is meant not to be rushed but enjoyed in and of itself? Whatever it is, you still have an effect, don't you? Children still turn to you with glee, and

Could you double your output? On one extra day, could you come down from your snowy realm and spread good cheer?

grown-ups follow them, even if they pretend they don't want to.

I appeal to you. Father Christmas, please take this bruised and battered world, wrap it in gift-wrap paper, and return it to us so that we might open it up with the same sense of wonder and delight that children show when they open the gifts you bring them. Make this world once again the beautiful, marvellous present that it is.

I hesitate. As far as I know, no lasting cessation of hostilities, no reconciliation has ever come about as a result of your intervention. No group — neither the United Nations nor any country nor any religious or political group — has ever asked you to be a mediator or a negotiator. You are jolly and friendly and very generous, but somehow you are left to yourself in your Arctic kingdom. How foolish of me then to ask world peace of you. I'm asking too much. You are as impotent as the

other great talkers of peace and love, the Jesuses and Muhammads and Krishnas and Buddhas of this world who talk love while their fervent disciples wage war and terror.

But perhaps the problem is that they ask so much of us. Jesus and Muhammad and Krishna and Buddha are demanding moral patrons. It takes a clear mind and a steady heart to follow them sensibly day in and day out. You, on the other hand, of the 365 and one-quarter days of the year, you work to have an effect on only a single day. Of course, that single day takes much preparation on your part, much like writing even the shortest poem demands much work. But still, one divided by 365.25: That's only a 0.27 per cent positive output. On one day, December 25, you are a busy man whose simple aim is to spread good cheer. And you do that job well.

So I ask this of you, only this, Father Christmas, please could you double your output? On one extra day (in summer perhaps — we do tire of winter), could you come down from your snowy realm and spread good cheer to all? Make it so that on one additional day of the year we make a Christmas-like effort to be lovingly kind to all and everyone.

World peace on two days of the year — is that too much to ask? I hope it isn't.

Yours humbly,
Yann Martel

Yann Martel is a Canadian novelist and short-story writer. He is the author of 2001's *Life of Pi*, which won the Man Booker Prize. He lives and writes in Saskatoon.

ROSEMARY WESTWOOD

metroview

Make peace with holiday chaos and savour the season

I met a friend for coffee, and neither of us had words for how we're doing.

"Blaahh!" she said with her hands flailing in the air.

It had taken us an extended series of emails to finally pick a time and place to meet — we're each busy, our brains full, at this time of year. She has better reasons: kids, the culmination of a few major projects, the anticipation of a few more. But even I — who normally have ample time for *Gilmore Girl* reruns — have been packing my days with holiday get-togethers tight as a bulging suitcase.

My sense of calm is out the window, and it's wonderful.

The drink date with a few friends where I meet someone new, funny and charmingly opinionated.

The dinner date where we decided to attend one random event a week in 2016 and call it *The Outing* (Salsa! Pottery! An academic lecture of the esoteric kind!).

The lunch with my aunt and uncle where politics stayed off the table and we bonded over old stories of my grandmother, which expand in the retelling.

The brunch/skate/The Power Plant gallery trip where we ate slowly, slid on ice as the lake water rippled by, and

found ourselves in a beautiful, yet repellent, infestation of black paper butterflies.

The drunken debate over communism at the pub. The "once a year whether you need it or not" lunch with an old family friend and his joke-ready compatriots. The cosy, classic dinner at my home away from home.

And the other morning's coffee date, which left me excited about everything, and convinced of all things hopeful, most especially the joy of new friends.

In a city where I can go months without seeing some people, this time of year is a whirlwind of love, a helter-skelter romp through relationships, a fast-track reminder of how lucky I am, how rich in kind people.

This is the Christmas feeling. Of time well spent. Each little visit its own small gift. Its own chance to be smitten, and to feel good about who you are, and where you are, and who you know. That can be an elusive sense much of the year, when you're just trying to get by, and get something done, while the world seems held up by intractable wars, innumerable unfathomable suffering and impending doom of one kind or another.

Perhaps it is, but it is not only.

And as it turns out, it doesn't take much, or long, to see the precious side.

Just a cup of coffee.

It doesn't take much to see the precious side.



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Fans get chance to say Hello to Adele
Singer to embark on 56-night North American tour in 2016 with stops in Toronto, Montreal, and Vancouver.

Period pieces are trending

APPS

Women's health goes high-tech

In the tech world, women's health is at the forefront — with hundreds of apps focusing on everything from getting pregnant to detecting breast cancer. Lots of other high-tech products in the works too, from Bluetooth-connected menstrual cups to high-tech pill cases that send an alert to your phone if you skip your birth control.

Not surprisingly, women around the world are embracing it all.

Travel writer Natalie Preddie Zamojc, 30, and her husband Mark are trying to have a baby, and Zamojc is using a popular period tracking app — aptly named Period Tracker — to see when she's most fertile. It gives her a sense of control over a process that's often based on luck, she says.

"Now, it'll send me a message being like, 'You've ovulating!' and then it's go, go, go," Zamojc says with a laugh.

As the New York Times reported earlier this year, two period tracking apps alone — GP International's Period Tracker, the app Zamojc swears by, and Abishkking's Period Calendar/Tracker — have been downloaded more than 10 million times from the Android store, based on data from the IMS Institute for Healthcare Informatics.



Pillsy, an app coupled with a unique pouch, helps women keep on top of taking their birth control. COLE BURSTON/TORSTAR NEWS SERVICE

Recently, thousands backed a Kickstarter campaign for the Looncup, raising over \$160,000 for the silicone cup that sends fluid volume updates to your phone or Apple Watch through a sensor.

And, according to a 2014 TechCrunch report, women's health apps raised more money in the previous year "than all other health-focused apps combined."

It's a big business — and one that's empowering for women, says Toronto-based sexual health educator Lyba Spring. "Anything that gives a woman more control over her reproductive health and

her fertility... is a good thing," she says. Certain aspects of women's health should involve a family doctor, Spring adds — like understanding the changes in cervical mucus, for instance — but for basic health and fertility issues, apps are definitely useful, she says.

Jennifer Aldoretta, CEO of Groove, an American company whose app of the same name helps women track their cycles, was born out of its founder's own lengthy reproductive health struggles.

"My period brought with it horrible cramps," Aldoretta recalls. "I would vomit from the pain."

Aldoretta started doing her own research on reproductive health and hormones, which led her to develop the Groove app, which she now uses to manage her painful cramps without having to take the pill.

The app, which launched for the iPhone in 2014, allows her to track certain physiological changes that occur throughout your menstrual cycle — such as basal body temperature and cervical fluid secretion — which are both influenced by hormone levels, she says.

Apps can definitely be helpful for women, with many offering a "simple,

cost-effective way" to prevent, or make possible, a pregnancy, says Dr. Yolanda Kirkham, an obstetrician-gynecologist who works at Women's College Hospital and St. Joseph's Health Centre in Toronto. She's noticed a rise in the number of her patients using period trackers and other apps, she says, and encourages her patients to try them out. Women just need to be smart and research the apps and technology they're using, Kirkham says. TORSTAR NEWS SERVICE



The Looncup sends fluid volume updates to your phone through a sensor.

+ HEALTH

Birth control reminder

Women on the pill make up nearly half of all unplanned pregnancies. With that in mind, a six-person team of University of Toronto graduate students has been developing Pillsy, a smart pouch and app that knows if someone takes their birth control pill — and reminds them when they don't. "We've had a number of women come to us and say they're anxious and not on the birth control pill, but if they had the Pillsy pouch and app, they'd trust themselves more to go on the birth control pill," says Pillsy CTO Valentin Peretroukhin.



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**ROSE REISMAN THE SAVVY EATER****THIS WEEK: Holiday Drinks**

Two Yuletide favourites are apple cider and eggnog, however one of these bevies belongs on the naughty list.

PICK THIS**PC Fresh Pressed Sweet Apple Cider**

Portion 1 cup
Calories 120
Fat 0 g
Sugar 28 g

**SKIP THIS****PC World's Best Egg Nog**

Portion 1 cup
Calories 290
Fat 11 g
Sugar 34 g

**HERE'S WHY****Equivalent to 2 small Grilled Chicken subs from Mr. Sub**

Eggnog packs over double the calories and has 11gm of fat (half of it saturated) compared to the fat-free cider. If you're spiking your 'nog, you're adding even more calories. The cider is purely fresh pressed apples with no filtration process. The sugar comes from the apples themselves. Heat the cider and add some cinnamon and nutmeg. Even a small amount of alcohol will still make for a healthier Yuletide beverage than the eggnog.

Cooking for

1

SINGLE SERVING**Pack a one-portion punch with these shop and prep ideas**

Millennials and seniors might be at opposite ends of the spectrum when it comes to age, but many have something in common: difficulty cooking at home for just one person.

For members of the younger generation, they may lack cooking skills, which can make forays into the kitchen intimidating.

"I think for seniors in particular there's that social isolation ... When you're on your own you might not feel like cooking for yourself," says registered dietitian Shannon Crocker.

There are other challenges for singles. Much of the packaged food in grocery stores is geared toward families. Relatively few cookbooks are targeted at preparing meals for one.

But many retailers are embracing single consumers. Some grocery stores roast their own

SEVEN TASTY TIPS

1. Shop every few days for smaller portions of fresh produce. for a quick, healthy meal. Or add a serving of grilled meat, fish or shrimp.
2. Buy just what you need at the bulk store. Or find a shopping buddy and split bigger packages.
3. Prep on weekends to save time. Make a casserole or stew, then freeze in individual portions. Make a batch of barley or pasta to parcel out during the week.
4. Reinvent leftovers. Roast a pan of veggies for one dinner. Toss the remainder with pasta, goat cheese and nuts another night.
5. A small tin of tuna, a couple of hard-boiled eggs or half a can of chickpeas or black beans can be used to top packaged salad greens
6. Meals don't always have to consist of meat, potato or starch and a vegetable. Add lentils to soup or extra veggies to an omelette or sandwich.
7. If you're a tea-and-toast person, look for ways to make toast more nutritious and interesting. Spread whole-grain toast with peanut butter and top with thinly sliced apple and cinnamon. Pop it briefly under the broiler. Or top toast with avocado, hummus and tomato slices. Other options: a fried egg and some sautéed mushrooms; or a soft poached egg and a piece of cheese on toast. Put some arugula under the egg to boost flavour.

meat and vegetables that can be mixed with grains cooked at home for a nutritious meal, says Crocker of Ancaster, Ont.

And stores commonly have large displays of prepackaged salads or stir-fry kits for added convenience. THE CANADIAN PRESS

RESEARCH

Negative thoughts may lead to aging badly, new study says

If you believe growing old will claim your memory and degrade your senses, it could become a self-fulfilling prophecy, a new study has found.

Negative perceptions about aging, and what will happen to our minds and bodies as the years wear on, can influence how we feel about ourselves and, by extension, have an impact on how we go into that dark night, says a study published in the December issue of *Psychology and Aging*.

"People's feelings about getting older influence our sensory

and cognitive functions," says University of Toronto psychology professor Alison Chasteen, lead author of the study titled *Do Negative Views of Aging Influence Memory and Auditory Performance Through Self-Perceived Abilities?*

Until now, Chasteen says, aging research has focused on performance — and the differences on tests of memory and hearing at various ages.

But there hasn't been much exploration of an aging person's general views on getting older.

And how that relates to their own experience. This study, Chasteen says, marks the first time researchers have put all three variables together to try and make links between them.

Between 2012 and 2013, about 301 participants between the ages of 56 and 96 — all with different levels of ability — submitted to a variety of tests at labs on the University of Toronto's downtown campus.

In addition to a hearing test, participants' memories were assessed — they were asked to repeat lists of words they saw on a computer screen and, at other times, heard through headphones. They were tasked with recalling a list of five words after a five-minute delay.

Researchers gauged each participants' views on aging by asking them to rate their level of concern in 15 scenarios that involve growing older.

For instance, they were instructed to choose a number between 1 and 9 to indicate how worried they felt about, say, losing their independence as time wears on, or

to be blamed for a car accident because of their age — even if fault was unclear. They were also asked to agree or disagree with statements such as "I am good at remembering names," or "I can easily have a conversation on the telephone."

Through complex statistical analysis, Chasteen says, researchers discovered that participants who scored high on the "stigma concern scale," and the "fear of aging scale," felt worse about their abilities and, in turn, fared worse on the hearing and memory tests.

The data held up even when researchers considered whether participants who had failing



“The worse your view of aging, the worse you tend to feel about your own abilities, and the worse you perform.”

Alison Chasteen, researcher

hearing and memories had realistic views of their own abilities, she says. Individuals interpret their declining abilities in different ways and how they feel about them dictates whether or not they will try, by keeping busy and active, to maintain their function —

and stimulate mind and body, Chasteen says.

The study also looked at the relationship between hearing and memory performance. Researchers discovered that seniors who did poorly on hearing tests also performed poorly on memory tests.

That could indicate that some problems remembering might be a function of a senior's inability to hear all the information.

"That could be part of the problem," Chasteen says. "When working with older adults reporting memory problems — we might want to check their hearing."

TORSTAR NEWS SERVICE

Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

TOP SIX@6 LAST NIGHT:

- 6 Fetty Wap ft. Remy Boyz 679
- 5 Daya Hideaway
- 4 Justin Bieber Sorry
- 3 Shawn Mendes ft. Camila Cabello I Know What You Did Last Summer
- 2 Adele Hello
- 1 Classified ft. Snoop Dogg No Pressure

1013TheBOUNCE.com 1013thebounce



In a study, participants who scored high on the "fear of aging scale" felt worse about their abilities and also did worse on tests.

ISTOCK

Stay healthy this winter

As cold and flu season kicks into high gear, here's what you need to do to get your defenses ready and stay healthy this winter.

First things first — start with a shot of prevention. Vaccination is the number one way to reduce your risk of severe flu symptoms this year. If you want to learn more about the flu shot, ask your Shoppers Drug Mart pharmacist or visit shoppers-drugmart.ca/flushot.

Remember that not all seasonal illnesses are prevented by the flu vaccine. Cold and flu germs are easily spread through contact with contaminated surfaces — anything from door knobs and shopping cart handles to faucets and even items of clothing.

Scrub your hands well with soap and warm water for 15 to 20 seconds after touching anything that might carry germs. Be sure to have hand sanitizer nearby for when you can't wash.

Lack of sleep may compromise the immune system, so missing out on your zzzz's may make you more vulnerable to



SHUTTERSTOCK

colds and flu. Sleep better by avoiding heavy meals or large amounts of liquid before bed. Studies suggest that sticking to a sleep schedule is also important for a good night's sleep.

Studies also show that vitamin D may help boost the immune system.

In winter, those of us in northern climates may be missing out on "the sunshine vitamin," so consider loading up on foods rich in vitamin D like milk and salmon. Enhance your diet with a vitamin D supplement or a multivitamin to help you stay healthy this winter.

Feel better when you're under the weather

Even if you're careful about prevention, you still may come down with a bug this winter. Check with your pharmacist to see which medications may be right for you.

For throat and chest

Robitussin Cough Control Extra Strength with Mucus and Phlegm Relief works to relieve sore throat pain, dry coughs and chest congestion.

For sinuses

Otrivin® Saline Severe Congestion Relief is a powerful, naturally sourced nasal spray that

unblocks nasal passages and relieves nasal and sinus congestion. Breathe Right® non-medicated nasal strips instantly open up the nose and are available for both adults and kids. Advil® Cold & Sinus opens airways by shrinking swollen nasal passages, making it easier to breathe.

For kids

Children's Advil® relieves fevers in children age 2 to 12 for up to eight hours in three great-tasting flavours.



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DATING DUO

Bieber's stepping out with Kourtney

This is one I certainly did not see coming. In what could possibly just be a case of some tabloid editor playing around with their celebrity gossip Magnetic Poetry set, Justin Bieber is now rumored to be making kissy-kissy with ... Kourtney Kardashian? I think I read that right. The 21-year-old Canadian serial apologist and the 36-year-old recently single reality TV star were spotted hitting up a club in L.A.

together recently and departing in the same SUV. And according to CNN, a source says they were "making out," so there you go. Bieber, however, has also been spotted squiring a mystery blonde around town — and on a yachting excursion — but the gossip is that he and the Kardashian who isn't Kim or Khloe are "casually" seeing each other. So there's that.

NED EHRBAR/METRO HOLLYWOOD

GOSSIP BRIEF

Mariah's holiday chart topper not quite as sparkly

Mariah Carey's holiday hit All I Want For Christmas Is You is 20 years old. Yes, two decades. Since its release, it has been played practically on loop every holiday season — even by people who don't celebrate Christmas. But now, the Christmas queen

has been dethroned.

According to PlayNet-work, The Shins' cover of Paul McCartney's Wonderful Christmastime is now the most played holiday song, bumping Carey down to No. 2. Christina Aguilera's song Christmas Time rounds out the top three. EMILY LAURENCE/METRO NEW YORK

JOHANNA SCHNELLER **WHAT I'M WATCHING**

Being funny is in the delivery

THE SHOW: Brooklyn Nine-Nine, S3, E6 (City/Fox)

THE MOMENT: The Practice Breakup

Captain Raymond Holt (Andre Braugher) and Detective Rosa Diaz (Stephanie Beatriz) are in his office. She's been dating his nephew, Marcus, which has made them hilariously uncomfortable together, because they are the most deadpan, least emotionally demonstrative people on Earth. (Both actors remain straight-faced and even-voiced at all times.)

Now that Diaz is breaking up with Marcus, she and Holt are sad (they like each other), but mainly relieved (they can return to deadpan emotionlessness). "I've been told it helps to acknowledge the dumppee's feelings," Holt says. "Ew," Diaz replies. "Don't worry, we'll practice," he says. She straightens her shoulders. "Marcus," she says to Holt, "I think we should break up." "That makes me feel sad. I am sad," he replies. "Your sadness is noted," she says. "I feel acknowledged," he says. "It will take me eight minutes to collect my things." They smile,



Captain Raymond Holt, right, and Detective Rosa Diaz do a hilariously deadpan rehearsal Diaz's breakup with Holt's nephew Marcus, in Brooklyn Nine-Nine. CONTRIBUTED

albeit tightly. That went well.

To achieve greatness as a sitcom, the humour must cease stemming from one-liners and plot points, and start stemming from the characters simply behaving as their funny selves. Brooklyn Nine-Nine hit that sweet spot early. The characters'

foibles and frictions were well-defined, and the actors bounced off each other with glee. At the start of this season, plot intervened — Holt was transferred out of the unit. Thankfully the folks in charge realized their mistake and brought him back home. Now everyone can get

back to doing what they do best: pushing each other's buttons, and letting us chuckle at how "them" they are.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

INTERVIEW

Luther a natural role for Elba

Idris Elba has many reasons for why he keeps coming back to Luther. "It's unfinished business, it's fertile ground," he explains. "The character continues to challenge me."

Detective Chief Inspector John Luther also challenges his fans, who are sure to greet him warmly for this, his fourth run, in the two-hour special airing at 9 p.m. E.T. Thursday on BBC America.

As usual, Luther finds its hero possessed by a grisly murder case: a serial killer with a cannibalistic bent.

Meanwhile, he remains haunted by Alice Morgan, the tantalizing sociopath from Season 1 who escaped arrest by Luther but became his twisted confidante. Conspicuously missing, her whereabouts unclear, she remains very much on Luther's mind and a key part of this tale.

Elba calls the demons-beset Luther "one of the closest characters in terms of who I am." It's a surprising claim, since, during this recent interview, he seems light-hearted in stylish casual wear, a marked contrast to the glum expression and no-nonsense suit Luther wears. "I don't feel like I have to throw on too much of a character to play John Luther," says Elba, attempting to explain himself. "We shoot in the area I grew up in (East London), and I really let the writer take



Idris Elba acknowledges that too much attention on his looks could taint him as just another pretty face. CONTRIBUTED

me on the journey. It's the most naturalistic I can be in a role."

Even Luther's distinctive walk — a slouching swagger, hands jammed in his pockets, pushing forward with staunch intent — is comfortably derived from Elba's own gait: "I tore my left Achilles, which make my left leg sort of limp — or swag!"

A strapping, towering presence with leading-man looks, Elba nonetheless has been able to transform himself profoundly for his roles, such as the brutal leader of an African rebel army in his recent film Beasts of No Nation, as Nelson Mandela in Mandela: Long Walk to Freedom and as Stringer Bell, the strictly business Baltimore drug lord, in the HBO series The Wire.

No matter what his role, Elba is easy on the eyes. Asked if he gets weary of his extreme handsomeness being the focus of media and fans alike, he adopts an almost sheepish expression while handing credit to the camera. "Because I'm an actor, I've got that 'beauty light' on me," he insists. "In real life, it's not like that all the time. Some people go, 'He's nice, but he's not my sort of thing.'"

Acknowledging that too much attention to his looks could taint him as just another pretty face, he does allow that "it's a compliment and it's great, man. I could be described as 'aggressive,' or 'strong.' But 'sexy' works, too." And he laughs heartily.

THE ASSOCIATED PRESS

Angel Domestic Medium Hair

If we could describe five-year-old Angel using only one word it would be "mellow." This sweet girl was discovered stray. We do not know how she came to be in need of rescue, but she is clearly people-friendly and knows how to "chill." Angel is very trusting, rolling over to expose her tummy for a gentle rub. She adores attention, is curious and affectionate. One of her primary skills is snoozing. Another of her skills is cuddling. As a cat, do you need to do anything else? Angel's bags are packed -- she is ready to settle into her new forever home...



For more information on **Angel** and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA

Pete Rose's latest application for reinstatement to baseball was rejected by MLB commissioner Rob Manfred

There's a Point in the plan for Team Canada repeat

WORLD JUNIORS

WHLer adds depth and savvy to reigning gold medallists

It's rare that Brayden Point gets overshadowed.

Head coach Dave Lowry announced that Point was cleared to resume contact drills with Canada's junior team on Sunday, but less than an hour later the Vancouver Canucks gave forward Jake Virtanen permission to join the national roster ahead of the world championships.

Virtanen's addition grabbed the headlines, but Point being cleared to play after wearing a non-contact yellow jersey throughout selection camp to avoid doing damage to an injured shoulder is also big news for Canada.

"It's exciting," Point told reporters on Sunday. "It's exciting to see what the lines are going to be so I'm looking forward to it."

Both Point and Virtanen were on Canada's gold medal-winning team last year, with Virtanen making the NHL in November while Point returned to the Western Hockey League's Moose Jaw Warriors.

Point has continued to develop as a dynamic, play-making centre and is fifth in the WHL's points race with 18 goals and 25 assists.



He led the league in points after 19 games, but dropped after injuring his shoulder in Moose Jaw's 4-1 loss to the Prince Albert Raiders on Nov. 17.

He hasn't played since then but practised at Canada's selection camp in Toronto before heading to Imatra, Finland, on Monday night for more training and pre-competition exhibition games.

"Pointer's been fantastic for us," said defenceman Joe Hicke, who also returns from Canada's championship team and regularly has to play against Point with the Victoria Royals. "He's probably one of the best players in our league, if not the best."

"He's got vision, he's got skill, he's got speed and I think he brings all the elements you look for on the big international ice."

Point — who says he's happy to play at either his natural position at centre or on the wing —



Brayden Point had 43 points in 19 games played with the Moose Jaw Warriors before injuring his shoulder in mid November. AARON VINCENT ELKAIM/THE CANADIAN PRESS

had two goals and two assists for Canada at last year's world junior championship. His return, along with Virtanen's assignment to the team, adds depth to Canada's forward corps, taking pressure off the presumptive top line of the returning Lawson Crouse and world junior rookies Dylan Strome and Mitch Marner.

"I think it's going to be a fast,

skilled team," said Point. "That's what (Lowry) has been wanting and I think it's going to be fast."

Point looked to be 100 per cent while practising with Canada last week but did not play in its two exhibition games on Saturday and Sunday against an all-star team of university players from across Canada.

Lowry insisted throughout the

camp that Point would be ready when Canada needed him. Point has worked diligently first with the Warriors training staff and then with Canada's.

"It takes some time, but it feels good," said Point. "Just some weights, some band work. It's pretty standard stuff. Nothing too out of the ordinary."

THE CANADIAN PRESS

NHL IN BRIEF

Ducks' Thompson docked \$26K for head hit on Faulk

Anaheim Ducks forward Nate Thompson was suspended Monday for three games without pay for an illegal check to the head of Carolina defenceman Justin Faulk during a 5-1 loss to the Hurricanes last week.

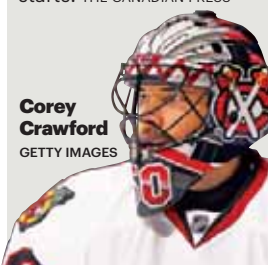
The NHL said that based on his average annual salary, Thompson will forfeit \$25,806, which will go to the Players' Emergency Assistance Fund. THE ASSOCIATED PRESS

Crawford snags first star after two-shutout week

Chicago goaltender Corey Crawford was named the NHL's first star of the week on Monday with a 0.33 goals-against average, .989 save percentage and two shutouts in three Blackhawks wins.

Edmonton left-winger Taylor Hall was the second star with three goals and three assists, including two game-winning goals.

Defenceman Justin Faulk was third star with three goals and three assists to lead Carolina to a pair of wins in three starts. THE CANADIAN PRESS



Corey Crawford
GETTY IMAGES

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ECOR	WALRUS	DER	9	3	6	7	5	8	4	2	1
USAN	ANT	ETISE	8	2	1	9	6	4	3	7	5
ATCE	ARE	PEVA	4	5	7	2	1	3	9	8	6
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Serena honoured for 'amazing' year

TENNIS

Dominant 2015 puts star on cover of Sports Illustrated

Serena Williams is Sports Illustrated's Sportsperson of the Year — the first female athlete honoured on her own by the magazine in more than 30 years.

Williams came within two matches of tennis' first calendar-year Grand Slam since 1988, a bid that ended with a semi-final loss at the U.S. Open.

In all, the 34-year-old American went 53-3 during 2015 with five titles, including at the Australian Open, French Open and Wimbledon. Williams was No. 1 in the WTA rankings all season.

"She was the most deserving person for the award. She had an amazing year. The way she won her events; the fact that she's done this for so many years at such a high level," said Paul Fichtenbaum, editor of the Sports Illustrated Group. "She was a terrific candidate in a year of terrific candidates."

The cover photo of Williams — in high heels, sitting on a throne — was "her idea, intended ... to express her own ideal of femininity, strength, power," managing editor Christian Stone wrote on SI.com.

Monday's announcement marks a switch to the formal name of the SI award; past recipients were touted as Sportsman or Sportswoman of the Year. "We just felt this was a natural evolution. ... We're not making a huge deal out of it," Fichtenbaum said. "It just feels like the right time to make the change."

Runner Mary Decker in 1983



The cover of the 2015 Sportsperson of the Year issue of Sports Illustrated, featuring tennis player Serena Williams.

YU TSAI FOR SPORTS ILLUSTRATED/THE ASSOCIATED PRESS



She was the most deserving person for the award.

Sports Illustrated Group editor Paul Fichtenbaum

was the last female athlete to earn the magazine's award by herself. The U.S. women's national soccer team was picked by SI in 1999; speedskater Bonnie Blair in 1994 and gymnast Mary Lou Retton in 1984 were co-honorees with male

Olympians. In 2011, Tennessee women's basketball coach Pat Summitt shared the award with Duke men's coach Mike Krzyzewski.

"Men's sports has dominated until recently, when women's sports has grown in popularity, and the competition is better than ever," Fichtenbaum said. "There's more of a focus on women's sports now. It's grown considerably."

Other tennis players honoured by SI were Arthur Ashe in 1992, Chris Evert in 1976, Billie Jean King in 1972.

THE ASSOCIATED PRESS

CFL

Maas is new Eskimos coach

Jason Maas has taken charge of the Edmonton Eskimos. Maas spent last season as the offensive co-ordinator and quarterbacks coach with the Ottawa Redblacks, who lost to the Eskimos in this year's Grey Cup.

Under his guidance, Henry Burris was the league's leading passer and the CFL's Most Outstanding Player. Ottawa led the league in offensive yards, passing yards and rushing touchdowns.

THE CANADIAN PRESS

CHAMPIONS LEAGUE

Deja vu for Arsenal and Chelsea in last 16

The Champions League draw produced some familiar pairings Monday with defending champion Barcelona facing Arsenal and Paris Saint-Germain again taking on Chelsea.

Barcelona eliminated Arsenal in the 2010 quarter-finals and in the round of 16 in 2011, and beat the English club in the 2006 final.

Arsenal will host the five-time champions on Feb. 23. French champion PSG and Chelsea will be meeting for the third con-

DRAW

Gent vs. Wolfsburg
Roma vs. Real Madrid
PSG vs. Chelsea
Arsenal vs. Barcelona
Juventus vs. Bayern Munich
PSV vs. Atletico Madrid
Benfica vs. Zenit St P'burg
Dynamo Kiev vs. Man City

secutive season in the knockout phase. THE ASSOCIATED PRESS

metro OBITUARIES

JOHNSON, NICK



Nick E. Johnson (Papa Choo Choo) - 72 North Preston, passed away on December 10th, 2015, at the VG Site QEII Health Science Center. Born in North Preston, he was a son of the late Clarence and Matilda (Grant) Johnson. Nick is survived by his wife Regina (Pelly), his Daughters Venessa (William) Sparks (Dartmouth), Renee Johnson (Vancouver, BC) and Kim (Troy) Jones (Boston, MA); His Sons Tony (Dawn) Johnson (Dartmouth), Blaine (Trena) Glasgow (Dartmouth), Andre (Margaret) Glasgow (Kingston, ON), Stacy Glasgow (Dartmouth) and his Chosen son Lawrence Jordan (Dartmouth); brothers James (Kathleen), Benjamin, Merlin (Veronica), Kernel, Lyle (Anne), Michael (Mary); sisters Bernita, Burley (Wilfred), Cora and 12 Grandchildren.

He is preceded in death by his brothers Howard, Stan and Johnny and sisters Ruby, Louretta and Julia, and infant granddaughter Tamara

Nick was active member of St. Thomas Baptist Church, he was a member of the brotherhood and a member of the cemetery committee. He was formerly employed for Via Rail for 39 years. He also was a member of the Army Navy and Air Force Unit 349.

He was a social, active man who participated in a Bowling and Dart league for many years; he also provided Lawn care for the W.A.D.E Center and Judge Constance Sparks. He will be sadly missed by his mother -in-law Bessie and father- in-law Steven Pelly; and by his brothers and sisters-in-law.

All are welcome to attend and celebrate Nick's life. Visitation is scheduled for 7pm on Wednesday, December 16th, at St. Thomas Baptist Church, North Preston. His going home service will be held 1 pm on Thursday, December 18, at St. Thomas Baptist Church, North Preston. Cremation to follow, interment at a later date in Dartmouth Memorial Gardens. Arrangements entrusted to Atlantic Funeral Home, 771 Main Street, Dartmouth. There will be no repass; keep your prayers with family and please no home visits. The family would like to thank Dr. Rayson and all the staff at QEII Health Science Center. Special thanks to his loving daughter Venessa for her role as his care giver. In lieu of flowers, donations may be made to the Canadian Cancer Society. Online condolences may be sent by visiting www.atlanticfuneralhomes.com (Dartmouth Chapel)



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PHOTO: MAMA YISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

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Cook time: 6 hours

Serves 6

Ingredients

- 2 lb chicken thighs or breasts, cut into bite-sized pieces
- 1 onion, chopped
- 4 cloves of garlic, minced
- 1 tsp minced ginger
- 147 ml tube of tomato paste

- 1 heaping Tbsp curry
- 1 400 ml can coconut milk
- 1/2 cup Greek yogurt
- 1/4 cup milk
- 2 Tbsp coconut oil
- Small handful of cilantro for garnish

Directions

1. Put everything in the slow cooker and stir it all around.
2. Close the lid. Set the timer for 6 hours. Don't worry if you need to be away from home for 8 hours or longer — it will be okay.
3. Serve with a big spoonful of jasmine rice and a sprinkling of cilantro.

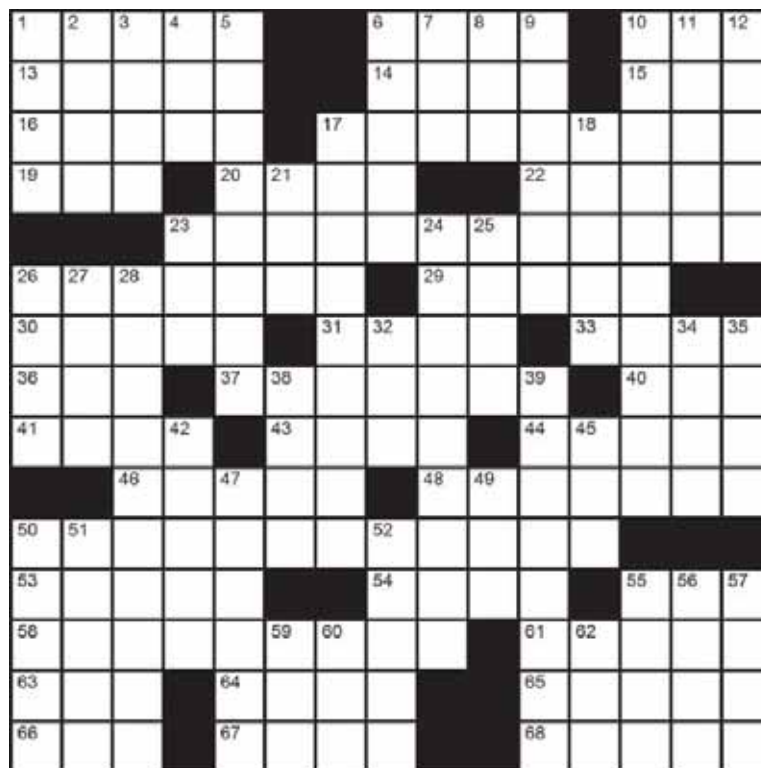
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Cook the broccoli
6. Actor Jared
10. Bar serving
13. Red Hot __ Peppers
14. Architect Mr. Saarinen
15. 'Passion' suffix
16. Paddled
17. Vancouver's province denizen, British __
19. Suit part
20. Intend
22. "Doctor Zhivago" (1965) character
23. Song from Leonard Cohen's 2014 'Popular Problems' album that goes "But I was taken out of Egypt / I was bound to a burden...": 3 wds.
26. Mr. Hall of TV talk
29. Buddy of "The Beverly Hillbillies"
30. __ Ste. Marie, ON
31. Coat the highway
33. Increases two-fold, for short
36. Baby dog
37. Cobblers, at times
40. 'King' of France
41. Winter hill ride
43. A __ (Record company division)
44. Take away weapons
46. Steal, archaically
48. Canadian comic actor Rick
50. Foothills of The



- Rockies destination in BC known for dinosaur tracks: 2 wds.
53. Has __ (Is able to escape)
54. "Dedicated to the __ Love" by The Shirelles
55. "Huh...?"
58. Hockey: Sidney

- Crosby's nickname: 3 wds.
61. Someone sympathetic
63. Hot season in Montreal
64. Crossed out
65. Stave off
66. Hotdog's li'l topping

67. Off-road rides, commonly
68. Loans

DOWN

1. Glaswegian
2. Popular cuisine
3. Ireland
4. Bitter __
5. 15th or 16th on

- calendars
6. A famous Tea
7. Conger, for one
8. __Paz (Canadian Hip Hop group)
9. Pizazzes
10. Kellogg's cereal with 'Two Scoops!': 2 wds.
11. Someone from

- Salt Lake City's state, variantly
12. Ms. Suvári's
17. Kitchen gadget: 2 wds.
18. Blatted
21. Verdi aria: " __ Tu"
23. Opera singing style, __ canto
24. Leonard Cohen song (from the album at #23-Across) which is the theme tune of the most recent season of HBO's "True Detective"
25. Trucker-to-trucker talker
26. Some slitherers
27. Mr. Julia
28. Linda Evangelista, for one
32. Municipal council member, e.g.
34. Ms. Loughlin
35. A famous Molly
38. Icicle holder
39. __ mask (Operating room necessity)
42. Launch
45. Hebrides 'no'
47. Tennis legend Ms. Gibson
49. Keats specialty
50. Electroshock-er
51. Amalgamate
52. Banned-in-sports substances, slang-style
55. Small songbird
56. Farm group
57. Mr. Linkletter's
59. __ number
60. Mr. Bacon, briefly
62. Street sort, shortly

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You seem more easy-going and that's good. However, where money is concerned you cannot afford to be too laid-back or you will attract hangers-on and spongers and find yourself out of pocket. Watch your cashflow.

Taurus April 21 - May 21
Partnership matters will go smoothly after the upsets and upheavals of recent weeks. You are a lot less competitive, and a lot more relaxed, in one-to-one situations.

Gemini May 22 - June 21
Cosmic activity in your opposite sign of Sagittarius will remind you that you cannot always be top dog. If you want to get things done you must be ready to work with others.

Cancer June 22 - July 23
Avoid stressful situations, especially if you are the kind of Cancer who gets upset when things go wrong. Nothing can be allowed to put your health at risk.

Leo July 24 - Aug. 23
Raise your sights and show the world what you are capable of. Don't allow yourself to be distracted by trivial things, and don't try to be all things to all people.

Virgo Aug. 24 - Sept. 23
Others may complain that nothing is happening but life is what you make of it and you are determined to make something really good. Show all the moaning minnies what a positive attitude can accomplish!

Libra Sept. 24 - Oct. 23
Do you carry on along your present course or do you change direction and try something different? It might help to talk it over with friends and family. They can see your situation from a less personal perspective.

Scorpio Oct. 24 - Nov. 22
You need to take your cashflow situation more seriously than you have been. If resources are low then there are only two ways to build them up again: spend less or earn more.

Sagittarius Nov. 23 - Dec. 21
Don't be scared to take a few chances and try your hand at something new. Leave your comfort zone and accomplish something truly worthwhile.

Capricorn Dec. 22 - Jan. 20
If you do a good deed today you will be rewarded for it in the future. You would do it anyway even if you knew you would get nothing out of it — that's the kind of person you are!

Aquarius Jan. 21 - Feb. 19
What's coming into your life may seem like something you haven't earned but that's the wrong way to look at it. If you're being favoured it's because you have done something in the past that has helped others.

Pisces Feb. 20 - March 20
Flattery will take you a long way, but hard work will take you further. Cosmic activity in and around the career area of your chart makes it easy to impress with ideas and enthusiasm.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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The Power to Surprise

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